# CAMP HIGH ROCKS

Established 1958



# Parent Handbook 2021

Camp High Rocks is a community where boys connect with the outdoors, each other, and most importantly, themselves.



# Dear Parents,

We and the Camp High Rocks staff extend to you and your son a most sincere welcome! We look forward to our correspondence with you this summer and will do our absolute best to make your son's stay with us a happy and rewarding experience.

This guide is intended to answer most of the questions that you might have about your son's camping experience. Our guide will not cover all aspects of Summer 2021 due to our constant updates and planning over the spring. Please visit the COVID section of our website for more details. We welcome your phone calls and emails if you have further questions.

Cordially,

Don and Elizabeth "Zoob" Gentle, Directors

and Loob Woody Nolanl

Woody Noland, Associate Director

(828) 885-2153 <u>don@highrocks.com</u> <u>zoob@highrocks.com</u> woody@highrocks.com

# **Contents**

Activity Information	13
Allergies	
Birthdays at Camp	
Communication – Emails & Letters	13
Clothing & Equipment	10
Closing Day	8
Electronics Policy	
Emotional & Mental Health	13
Online Photos	15
Expectations of Campers	7
Forms	16
High Rocks Compass	5
Homesickness	15
Laundry & Labeling	11
Lice	3
Medical Information & Medications	9
Opening Day	8
Packing List	12
Package Policy	14
Pre-Camp Checklist	4
Shipping Luggage	12
Store at Camp	12
Traveling to Camp	
Visitation	
What Not to Pack	11

# CAMP HIGH ROCKS PRE-CAMP CHECKLIST

To	-Do's
	Read our 2021 Parent Guide (found online under the "Parents" section)
	Read & talk through our COVID Policies (Found online at highrocks.com/covid-19)
	Make hotel and travel arrangements.
	Final payment sent to camp by April 1st
Fo	rms
	Complete all forms by April 15 <sup>th</sup>
	■ <b>Medical Form</b> - complete <i>online through the Parent Dashboard (PD)</i>
	☐ Parent Questionnaire - complete <i>online through the PD</i>
	☐ Physical Exam Form - signed by your physician and mailed, uploaded or emailed
	☐ Camper Agreement Form - contains releases and waivers and must be <i>signed and uploaded, mailed, or emailed</i>
	☐ <b>Insurance Card</b> - photocopy of card front and back (either <i>uploaded</i> to the PD, <i>emailed or mailed</i> . Scan or take pictures with your phone.
	☐ <b>Immunization Record</b> - either <i>uploaded</i> to the PD, <i>emailed</i> , <i>faxed</i> , <i>or mailed</i>
Clo	thes & Packing
	Review the packing list
	Order 2021 High Rocks clothing from our online Camp Store
	1st Year Families – Order a Trunk!
	We suggest www.everythingsummercamp.com and use code: trail293HR
	LABEL all clothes, shoes, and equipment with your son's first and last name (especially
	items that you want returned)
	We suggest <u>camps.mabelslabels.com</u> for all types of labels

# **2021 DATES**

June 3-Week Session:

July 4-Week Session:

Monday, June 28 to Saturday, July 24

July Mini I Session:

Monday, June 28 to Saturday, July 10

July Mini II Session:

Monday, July 12 to Saturday, July 24

August 2-Week Session:

Monday, July 26 to Saturday, August 7

Junior Camp Session:

Monday, August 9 to Saturday, August 14

## **CORE VALUES**

The connections made here at Camp High Rocks stem from the adherence to and inspiration of our core values. These values inform our daily experiences at camp.

- Community
- Adventure
- Leadership
- Independence

**Community** is the result of our campers living, working, and playing together in a supportive, nurturing environment. Our unplugged policy connects boys to each other by removing distractions present in their daily lives at home. Our emphasis on personal growth and development instead of inter-camper competition fosters an environment where each individual is encouraged to be the best camper that *he* can be. Individuality is celebrated and encouraged at High Rocks; here our boys are free to be themselves. A testament to the strength of our community is the number of former campers who return as staff to provide for new campers the same quality experience they enjoyed as children.

**Adventure** is seeking out new people, new places, and new experiences. Adventure is hiking to the top of Rich Mountain; it can even be trying new foods in the dining hall. We create a physically and emotionally safe place where boys can step beyond their comfort zones and revel in the joy of discovery. "What is around the next bend in the river? What kind of critters live under that rock?" are the questions we want them to ask. And, where appropriate and safe, we let them answer those questions themselves. By building this spirit of exploration, we prepare boys to embrace the infinite unknowns they will explore throughout their lives.

**Leadership** is helping a new camper find the way to his next activity. It is organizing cabin cleanup in the morning. And for our oldest returning campers, it is assisting the staff in teaching an activity. Leadership is expected and not suggested. Boys learn that leadership is not simply giving orders from the head of a pack, but is found in the way that they carry themselves. By leading himself in a positive manner, each boy creates the community that draws campers and staff back year after year.

**Independence** grows from personal responsibility. We teach campers that *all* their actions affect those around them regardless of intent. By instilling this notion, we move beyond simple benchmarks of independence like tying shoes, making a bed, and keeping track of a water bottle. Through our program we offer challenges that build confidence and competence; we place campers in situations where they recognize of what they are truly capable, whether that be climbing a rock face or navigating the Tuckasegee River. When boys realize that *they* hold great power within themselves, they are prepared to grow into the men they will become.

# **OUR COMMUNITY**

Along with understanding our core values, it is also important to understand what it means to be part of our community. We ask each camper to focus on these four efforts:

Respectful: Listen well, think before you act, consider others Individual: Have fun, learn your strengths, be yourself Tell the truth, have integrity, be sincere

**Adventurous:** Seek new challenges, try your hardest, try again

We expect each camper to be a positive member of our community and pledge to agree and abide by the rules and regulations of camp. Please share the "Expectations of Campers" sheet below with your camper before he comes to camp.

# **Expectations of Campers**

Camp High Rocks is committed to serving all campers while ensuring that everyone who enters camp has a safe and fun experience. Campers are entitled to experience and enjoy all aspects of camp.

We expect Camp High Rocks campers to be positive members of our camp community and abide by our High Rocks Way (listed below.) Please read through this with your camper before opening day.

# **High Rocks Way**

Respectful	Honest	Adventurous	<b>Individual</b>
Listen well	Tell the truth	Seek new challenges	Have fun
Think before you act	Have integrity	Try your hardest	Learn your strengths
Consider others	Be sincere	Try again	Be yourself

# As a camper, we expect you to:

- Communicate in an appropriate manner, not using foul language or gestures, harsh words or tone of voice
- Be respectful to the camp property, and property of others
- Take full responsibility for actions
- Positively contribute to and participant in camp programs and activities
- Follow staff instructions
- Refrain from any teasing, bullying, or other unkind behaviors. Refrain from causing harm to others. This includes pushing, kicking, hitting, touching, or fighting as this will not be tolerated at camp.

# **Do Not Bring with You:**

- Electronic items are not allowed in camp. Music will be provided by counselors in the cabin. No iPods, smartwatches, cell phones, digital cameras, GoPros, etc.
- Tobacco products, e-cigarettes or vaping tools, alcohol, non-prescribed drugs, or weapons may not be brought or used at camp.
- Candy and food items are not allowed in the cabin and should not be brought to camp.

The right is reserved by the Directors to dismiss any camper whose behavior is detrimental to the general welfare of the community. In such cases, no refund will be made.

## **OPENING DAY & CLOSING DAY**

Opening and Closing Day for Summer 2021 will be modified. We will communicate with families our plans and your arrival time. Please keep an eye on your email.

#### **TRAVEL BY CAR**

It is preferred that campers travel to camp by personal vehicle. High Rocks is located along Highway 276 in Cedar Mountain, NC. The camp entrance is just across from Sherwood Forest Golf Course. Coming from Greenville, SC, the camp is 4 miles from the NC/SC border. If coming from Brevard, camp is 2 miles from the main entrance of Connestee Falls. Our physical address is 1234 High Rocks Rd., Brevard NC 28712.

# **TRAVEL BY AIR**

Airline reservations should be made as early as possible. Townsend Birdsong is our Travel Coordinator, please email <a href="mailto:townsend@highrocks.com">townsend@highrocks.com</a> with your flight information.

We meet campers arriving by airlines in Asheville, North Carolina (AVL) and Greenville, South Carolina (GSP). When planning flights to and from camp, try to book a non-stop flight. If you have to use a connecting flight, be advised that airlines do not allow unaccompanied minors connecting to the last flight of the day. In order to enjoy the events during the first afternoon of camp, please plan your son's arrival to be before 1:00pm. If you are making flight arrangements for the end of camp, we ask that your son's departure be no later than 1:00 p.m. We cannot accommodate transportation for flights departing after 1pm on closing day.

When flying to camp, campers must abide by low-risk activities, CDC guidance, and High Rocks' policies. Closer to the summer, we will be in touch with our policies for flying to camp regarding the mitigation of COVID-19.

Please use Townsend Birdsong's name as the person responsible for greeting incoming flights. Our staff will meet your son right outside of security wearing a High Rocks staff shirt.

#### **Unaccompanied Minor Information:**

Please check with your airline concerning fees for children flying under the age of 15. Most airlines require this setup. If your son is an unaccompanied minor, please designate the person meeting or talking your child to the airport as:

Townsend Birdsong 1234 High Rocks Rd, Brevard, NC 28712 (828)885-2153

# **Camper Luggage When Flying:**

We recommend shipping your son's bags rather than checking baggage (see "shipping trunks" below). Having only carry-on bags allows a much quicker transition through the airport. If you do check bags, be sure they are labeled with your camper's name and "High Rocks" address so they arrive here if the baggage is lost at the airport. Please have a change of clothes, an extra face covering, and a swimsuit in the carry-on, just in case.

We ask that all airline baggage and unaccompanied minor fees be paid in advance for **both** arrival and departure flights. Please attach a copy of the receipt to your itinerary to avoid being charged twice.

# **MEDICAL INFORMATION**

It is our goal to provide the safest and healthiest camp experience we can for your son. In order to do this, we need your help by providing the following information to our medical staff at High Rocks. Our Camp Nurse will contact you anytime your son stays overnight in the health center or is seen by a physician. Please feel free to call our Camp Nurse at any time to ask questions or share any information that would be helpful in caring for your son. Call our main number (828)885-2153 to be in touch with a nurse.

Please arrange for a **physical exam** if your son has not received one within **12 months** of attending his session. It is very important that the **physical exam form** be carefully completed, signed by parent and physician, and **returned to camp, along with all other forms, no later than April 15<sup>TH</sup>**.

The Camper Medical Form is available online through the Parent Dashboard. This also needs to be filled out online by **April 15**<sup>TH</sup>. Our Camp Nurse must have the medical information prior to opening day in order to prepare health center records and to alert the staff to special situations.

Camp High Rocks is actively gathering information and creating plans to mitigate the spread of COVID-19 while at camp. To see more information, visit our <a href="COVID website">COVID website</a> section.

#### **MEDICATION**

Our camp health center will be stocked with common over-the-counter medication, and standing orders from our camp physician will dictate their use.

We are currently updating our plans on how medications are packaged before arriving camp. We will be in touch soon with updates. Please visit our website page <a href="https://www.highrocks.com/parents-information/parent-guide/camper-health-information/">www.highrocks.com/parents-information/parents-information/parent-guide/camper-health-information/</a>. Our nurses will continue to hand out medications to campers at their prescribed times, typically over meals. (Updated on 03/09/2021)

Inhalers: If you child uses an inhaler please send at least two with him to camp.

The use of tobacco, alcohol and non-prescribed drugs will not be permitted among campers. We prefer to keep camp a smoke-free environment and ask parents to please assist in keeping it this way.

# **Allergies & Dietary Concerns**

While we can accommodate many dietary concerns and allergies, it is important to contact our office to discuss these matters ahead of time to develop an appropriate plan. We may ask for a physician's nutritional plan if there are allergies and concerns.

We are conscious of the ingredients that are contained in our meals in regard to allergens. Dining Hall meals typically have common allergens noted. Campers and staff should be aware of the risk of cross-contamination that can occur in and around camp meals in the dining hall and out of camp trips.

Please visit our Parent Section – "Meals At Camp" online to see our sample summer menus.

#### **LICE**

On Opening Day, in addition to settling in and enjoying activities, campers will be screened for lice by a professional from The Asheville Lice Treatment Center or our camp nurses. **If lice are found, the camper will be treated that afternoon, and parents will be notified and billed.** The cost is \$250.00 and treatment is very effective allowing campers to jump right into the camp program. To avoid this, please check your son for lice prior to arrival and make us aware if he or any siblings have been treated for lice in the past few months.

You can visit <u>ashevillelice.com</u>, to see a video that demonstrates a proper head check. While not a health risk, lice are a problem in a community setting. Early detection makes treatment much easier and prevents the spread.

# **EMOTIONAL & MENTAL HEALTH**

We are conscious of Emotional Health concerns such as ADHD, anxiety, depression, mood disorders, food issues, and more. Your son's emotional and mental health are just as important to us as his physical health. Please let us know of any concerns that you have or topics you have been dealing with at home. If your child sees a therapist regularly, we can make accommodations as needed to continue virtual visits while at camp.

There are some situations camp is not qualified to handle. At that point, we will be in touch with you regarding next steps.

#### **CLOTHING & EQUIPMENT**

High Rocks does not have a required camp uniform. We recommend plain, durable clothes that are washable rather than those requiring dry cleaning. Please do not send expensive clothes or new, unwashed clothes. Camp life is not easy on designer clothing!

Personal camping gear should include a lightweight sleeping bag with a stuff sack and a raincoat. The sleeping bag should have synthetic fiber fill like Polarguard or Quallofill. Down-filled or cotton-filled sleeping bags are **not** recommended. A coated nylon, Gore – Tex, or waterproof poncho or raincoat is necessary at camp. Thin plastic ponchos or raincoats often do not survive even the first rainstorm. There is little backpacking in the two-week session or junior camp, so don't worry too much about high tech gear for those sessions. Basic backpacks are available at camp for all sessions at no additional cost.

If your son is dependent on eyeglasses, it is best to send a spare pair to camp in case one set gets lost. These can be kept in the office if you wish.

# Laundry:

Laundry is a weekly service that we provide at no additional charge to campers. If an item of clothing should not go into a dryer, it is the camper's responsibility not to send it to the laundry. Laundry is not done in our Junior Camp.

# **Labeling Clothes:**

It is important that all items of clothing and equipment be plainly and indelibly marked with the camper's name. Sharpies work well, as do high quality clothing labels. Be sure to write down your son's full name and not just his initials. Please label everything, including masks, shoes, towels, sleeping bags, equipment, etc.

We suggest using Mabels Labels if you would like to order labels that you can put on your son's clothes! You can find camp labels here: <a href="mailto:camps.mabelslabels.com">camps.mabelslabels.com</a>

# **Appropriate Clothes & Gear for the Weather:**

Be aware that this area of North Carolina is often cool, even in the summer, and especially in June. Our days are usually mild, with nights requiring two or three blankets.

# **Enuresis/Bed-Wetting:**

Some boys, especially the younger ones, have occurrences of enuresis (bed-wetting) at camp. The change in climate can be one attributing factor. If your son has a known or anticipated pattern of enuresis, we would appreciate if you could let us know in advance. We request that he bring a protective sheet, and also suggest that he bring at least two extra bed sheets.

# Where to Buy Gear:

There are several excellent sources for equipment. Some of our personal preferences include, but certainly are not limited to:

Diamond Brand	www.diamondbrand.com	(800) 459-6262
Recreational Equipment Inc	(800) 426-4840	
L.L Bean Co.	www.llbean.com	(800) 221-4221
Campmor	www.campmor.com	(800) 526-4784
Patagonia	www.patagonia.com	(800) 638-6464

# **WHAT NOT TO PACK**

Campers **SHOULD NOT** bring any food, candy, lighters, matches, knives, water guns, balloons, aerosol/spray cans, or trading cards. We have a no electronics policy at camp. Read our "Electronics Policy" for more information. Please help us avoid problems in this regard by explaining this request to your son before he departs for camp.

Campers **do not** need and **should not** bring a knife or axe to camp. We do not allow hammocks at camp.

The use of tobacco, alcohol and non-prescribed drugs will not be permitted among campers. Please do not bring alcohol, drugs, tobacco, nicotine products (including ecigarettes, vaping products, or JUULS, smoking or vaping paraphernalia and devices). If

your child brings any of these items to camp, you will be contact immediately to discuss next steps including possible dismissal.

#### **PACKING LIST**

Our packing lists are updated yearly. We are happy to chat more about packing, please contact our office at (828)885-2153.

- Packing List for our June, July, and August camps
- Packing List for Junior Camp

#### **ELECTRONICS POLICY - HIGH ROCKS UNPLUGGED**

Camp offers an opportunity for campers to experience day to day living free of electronic distractions. Campers should NOT bring any electronics such as: iPods, MP3 players, electronic readers such as Kindle and Nook, laptops, electronic games, televisions, video players, video recorders like GoPros, digital cameras, cell phones, smart phones, smart watches or any other wireless devices. Camp will provide opportunities for listening to music during the day at appropriate times with camp equipment. Campers who fly in will be allowed to leave their electronics in the office for the session. We will have them charged and ready for the flight home.

## **STORE AT CAMP**

Our <u>High Rocks Camp Store</u> is open all year round. Our store features clothing, blankets, towels, and more. In the spring, we will open our camp store to pre-orders which will be delivered to your camper at the beginning of his session. Items do sell out beforehand. During the summer, the camp store sells essential items to campers such as toothpaste, stamps, Chapstick, and more. There are a few fun nonessential items as well (ie. Golf discs and aerobies). Items will not be available to purchase on opening or closing day, you must pre-order.

The store deposit is \$90 for each camper. This will be added to your invoice.

#### **SHIPPING TRUNKS AND BEDDING**

For shipment of clothes and bedding, we recommend a footlocker and duffel bag. Both can be checked on plane tickets; however due to the continuing unpredictability of airlines and luggage handling at airports, we strongly recommend that trunks be shipped to High Rocks by UPS or another commercial carrier. Please keep the trunk/footlocker size to no larger than 14 inches high and 36 inches wide. The company listed below makes high quality trunks that will last for many summers.

C & N Footlocker <a href="http://www.everythingsummercamp.com/">http://www.everythingsummercamp.com/</a> (800) 535-2057, our discount code is "trail293HR."

There are many less expensive versions, including plastic-style trunks now on the market that will work for one or two summers.

**Shipping To Camp:** Baggage should be tagged with the camper's name to the High Rocks address (c/o Camp High Rocks, 1234 High Rocks Road, Brevard, NC 28712). The United

Parcel Service delivers to camp. We are more than happy to receive your son's trunk early by UPS and have it in his cabin when he arrives.

**Shipping From Camp:** If you plan on having your son's trunk shipped home, please contact the UPS store in Brevard for details and payment. Please DO NOT send pre-paid shipping labels to camp. We will not save boxes to ship trunks in. You will have the opportunity at the beginning of your son's session to let us know you will be shipping your son's trunk home. We will deliver your trunk and/or duffel to the UPS Store in Brevard on closing day for shipment.

\*Please note that UPS does not cover damages to a trunk/duffel unless it is in a separate container; only the "contents" of what is being shipped will be insured.

The UPS Store | Brevard

102 College Station Dr. Ste 3, Brevard, NC 28712

**Phone**: (828) 883-4701 **Fax**: (828) 883-4801

Email: store3439@theupsstore.com

# **ACTIVITY INFORMATION**

Please talk with your camper about the activities in which he may want to participate. During Summer 2021, activities will vary from our normal programming. Your camper will still be a part of our progression-based system that allows campers the opportunity to build their confidence and skills in each activity. For more information, see our website "RoadMap to Summer 2021".

# **COMMUNICATION**

The camp mailing address is:

Camp High Rocks

U.S. Mail  $\rightarrow$  PO Box 210,

Cedar Mountain, NC

28718-0210

UPS/ Fed Ex  $\rightarrow$  1234 High Rocks Road

Brevard, NC 28712

Phone: (828) 885-2153

During the summer, you can write letters or send emails to your camper! Campers love getting mail. Campers do not have the ability to send faxes or emails, nor do they have access to computers. We do, however, encourage them to write letters home often!

You will receive additional correspondence from camp in the form of letters from your son's counselor and an email from our directors along with daily photos and blog. In letters sent from you to your son at camp, it is generally best to ask about the camper's experience or to comment on what he has already written home about. Numerous references to home, family, pets or saying "we miss you" can turn a borderline homesickness case into a full-fledged occurrence.

If there are ever any changes to the camp schedule due to unforeseen circumstances, we will contact you by e-mail or phone to let you know of any alternate plans. Likewise, parents will be contacted when a camper spends the night in the health center or is seen by a physician.

# **Sending Emails & Faxes:**

This is the speediest way to get a message to your son. You may email your son at: <a href="mailto:camper@highrocks.com">camper@highrocks.com</a> – Please put the camper's first and last name with their CABIN NAME in the subject line. For example, Mark Smith's email would be addressed to camper@highrocks.com with "Mark Smith, Foxhollow I" as the subject. Our camp fax number is (828) 884-4612. There is a 75-cent charge to his store account for each fax or email received. We will print out all emails by 11:30am each day to be delivered with the regular mail.

# **Sending Snail Mail:**

Mail should be sent to P.O. Box 210, Cedar Mountain NC 28718. Please include your son's name and cabin name on the envelope. Cards and letters can be left for your son on Opening Day with the office. We will distribute them according to your instructions.

## Phone:

Campers are not allowed to make or receive phone calls at camp. Due to scheduled activities, out-of-camp trips, and the physical size of our facility, it would be very difficult to reach a camper on the phone. We have also found that phone calls interfere with a camper's adjustment to camp. If you need to get in touch with your camper, calling our office and having our staff deliver your message is the best option. If you need to speak to someone about your son, please call the office at (828) 885-2153. We will get you in touch with the head counselor, Camp Nurse, or director depending on your needs.

# **PACKAGE POLICY**

While we welcome letters and postcards from home, Camp High Rocks has a **NO PACKAGE POLICY.** We feel that packages interfere with the camp experience and that the focus on their contents can lead to unintentional competition within the cabin groups and sometimes even hurt other campers' feelings. Therefore, "care packages" are only accepted in the event of a camper's birthday. All others will be returned to sender or held untill closing day. Any costs will be charged to the camper's store account. Please tell family and friends!

NECESSARY items such as a camper's forgotten shoes, tennis racquet, extra glasses, etc., may be sent to your child c/o Office Manager. Any medications should be sent to the attention of the Camp Nurse. Flat envelopes for sending such items as magazines or newspaper articles are permitted.

In the interest of good dietetics, we request that you do NOT enclose any **gum, candy or food** with the cards or letters that you send. We have plenty of food options, scheduled snacks through the day, and great desserts!

## PREPARING YOUR SON FOR HIS TIME AWAY FROM HOME

You can do quite a bit to prepare your son for going away to camp, especially if it is his first sleepaway camp experience. Discussing what to expect candidly with your son can ease the transition from home to camp. Many boys expect camp to be fun all the time. While your son should expect to have a great time while he is here, you can tell him that he will at times feel many different emotions: elation at discovering new friends, fear of confronting new situations, disappointment when a game or project hasn't gone well, and even sadness leaving friends at the end of a session.

Homesickness may occur, especially if your son is young or living away from home for the first time. Homesickness does not equate to a dislike for camp nor is it indicative of camper maladjustment. It is normal. Discussing this with your son and letting him know that this is a common feeling will make it easier to deal with should it occur. If it does, the most appropriate action is to let your son stay at camp, except in very unusual cases. Our camp staff members are trained to work with homesick campers and, within a day or two, most boys have completely recovered. If you receive a letter that is less than positive at the beginning of camp, don't worry too much; homesickness has often been resolved by the time the letter reaches home. Please don't make bargains with your son by telling him he can come home if he does not like camp or that he only has to stay a week and you will come get him. We have found that this sets him up for failure as he never commits to giving camp a chance. Focus on the positive and know we are here to make it a successful experience!

In your letters to camp, it may be helpful to ask about experiences at camp rather than to dwell on happenings at home. Try to put your own feelings of separation into proper perspective, and then write your son an encouraging response. Be sure to focus on the positive aspects of camp, and keep an encouraging tone. It is usually a good idea to avoid referencing how much you will miss your son, and it helps if parents avoid talking about what they will be doing while their son is away. If you receive a letter that is cause for concern, please don't hesitate to notify us by phone.

#### **VISITS**

Due to the short duration of our sessions, **we do not allow campers to have visitors**. This includes trips out of camp with parents or friends.

## **WEBSITE, BLOG & PHOTOS**

Our website **www.highrocks.com** is also a good resource for information regarding nearby accommodations, downloading missing forms, dates for sessions, our offseason blog, and other happenings at camp.

During the session, we will be posting pictures of campers and activities so that you and your family can become more familiar with your son's camp experience. We take over 300 photos a day! To access daily updates, we will send out an email on opening day to our photo site and put a link in our daily camp updates on the website. We will provide the credentials for photo login on opening day. Please know that we take as many photos as possible but that we can not take a picture of your son every day. Before camp, remind your son to look for our photographer!

During your son's session, we will post a nightly camp update via our blog recapping the day. Look for this to post roughly around 9:30pm EST each night! This gives a wonderful glimpse into camper life.

# **FORMS**

Campers forms are submitted through our online parent dashboard. It allows parents to use previous information in order to auto-fill the online camper forms as well as print the forms that must be signed and mailed or uploaded. You will receive an e-mail from us as soon as our form system is ready for the season. All forms should be submitted to us by April 15th. You can find more information on our forms via our website under the "Parents" section.

If you need to print any of our forms. You can find them on our website under "Parents" then "Camper Forms".

# **BIRTHDAYS AT CAMP**

Having a birthday at camp is incredibly special! Campers celebrating birthdays at camp will enjoy a birthday cake to share with their cabinmates. We will sing them Happy Birthday and make sure to get a photo or two of them blowing out the candles!

Birthday packages are accepted. You can mail a package or leave the package with us on opening day for his birthday! We ask that no food, shaving cream, balloons, or water guns are inside of the package. Often a game that he can play with everyone in the cabin is a hit.

# **NEARBY OVERNIGHT ACCOMMODATIONS**

An extensive list of overnight accommodations can be found on our found under the "Parents" section on our website at: <a href="www.highrocks.com">www.highrocks.com</a>

Other possibilities include hotels in Hendersonville, NC; Asheville, NC; and Greenville, SC. We suggest making reservations as early as possible, especially if you plan to be in the area on or around July  $4^{\rm th}$ .